

Grinnell Alumni Swim Team (GAST) Masters Swim Meet

Sanctioned by Iowa LMSC for USMS, Inc.
Sanction No. 40706

Sunday, November 12, 2006

warm-us: 8 am meet: 9 am

Ray Obermiller Pool, PEC, Grinnell College, 1118 10th Ave., Grinnell, IA

Entries: \$8 entry fee if received by November 11. Deck entries allowed, but will be subject to a \$2 surcharge. Entry fee includes a \$.50 contribution for the perpetuation for Masters Swimming in Iowa. Make checks payable to Grinnell College, and mail entries to Alex Kuhn, PEC, Grinnell College, Grinnell, IA 50112.

Facility: 6 lane, 25 yard pool with non-turbulent lane markers; warm-up/warm-down wells; Colorado timing system with touch pads.

Further Info: Alex Kuhn, 641-269-4744 or kuhnalex@grinnell.edu

USMS registration forms available at the meet.

Events

Entry limit: 5 individual events plus relays. Please check events and provide time *NT for no time)
There will be a break between events 4 & 5.

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|---------------------------|-------------------------------|
| 1. 200 Medley Relay _____ | 6. 100 Butterfly _____ |
| 2. 200 Freestyle _____ | 7. 500 Freestyle _____ |
| 3. 200 I.M. _____ | 8. 100 Backstroke _____ |
| 4. 50 Freestyle _____ | 9. 100 Breaststroke _____ |
| 5. 100 Freestyle _____ | 10. 200 Freestyle Relay _____ |

Name _____ Phone _____
Address _____ Date of birth _____
City, state, zip _____ Age _____ Gender M F

ATHLETE'S RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR, ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article, 203.1).

Signature _____ Date _____

USMS Number _____